



Port Hueneme

BEEFIT Wellness Center 982 4726

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830	Cardio Sculpt <i>Tammi</i>		Cardio Sculpt <i>Katrina</i>		Cardio Sculpt <i>Katrina</i>	Step Sensation <i>Kathleen</i>
0930		CycleFit <i>Katrina</i>		CycleFit <i>Katrina</i>		CycleFit <i>Tammi</i>
0945	Senior Fit <i>Katrina</i>		Senior Fit <i>Katrina</i>		Yoga Flow <i>Romey</i>	
11:30	CycleFit <i>Sharon</i>	Resistance Training <i>Sharon</i>	Cardio Sculpt <i>Kathleen</i>	Resistance Training <i>Sharon</i>		
4:30	Gut Cut <i>Sharon</i>	Bars Bands & Balls <i>Tammi</i>	Gut Cut <i>Sharon</i>	Bars Bands & Balls <i>Tammi</i>		
5:00	Resistance Training <i>Sharon</i>	Step Burn & Firm <i>Tammi</i>	Resistance Training <i>Sharon</i>	Step Sensation <i>Tammi</i>	Step Burn & Firm <i>Jen</i>	
6:00	Step Burn & Firm <i>Tammi</i>	Yoga Flow <i>Kathleen</i>	CycleFit <i>Tammi</i>	Yoga Flow <i>Kathleen</i>		



Point Mugu

Point Mugu Gym 989-7728

	Monday	Tuesday	Wednesday	Thursday	Friday
0600	CycleFit <i>Nick</i>	CycleFit <i>Molly</i>	CycleFit <i>Nick</i>	CycleFit <i>Molly</i>	
11:45	CycleFit <i>Katrina</i>	Cardio Kickboxing <i>Jagjeet</i>	Cardio Sculpt <i>Geneva</i>	Resistance Training <i>Geneva</i>	
5:30	Step Sensation <i>Maritza</i>	Resistance Training <i>Maritza</i>	Step Sensation <i>Maritza</i>	Cardio Kickboxing <i>Jen</i>	CycleFit <i>Molly/Nick</i>
6:00		CycleFit <i>Jill</i>		CycleFit <i>Jill</i>	
6:30	Yoga Flow <i>Ajay</i>		Yoga Flow <i>Ajay</i>		

Bars, Bands & Balls

Lower body training at its finest! This 30-minute class focuses on muscular strength and conditioning using tools such as weighted body-bars, resistance bands, and stability balls for a complete workout that will strengthen, condition, tone, and define the lower body.

Cardio Sculpt

This class combines the best of aerobic floor work and weight conditioning in one session. The instructors use a mixture of choreography and a variety of exercise equipment for intense body sculpting and conditioning. A great way to cross train.

Cardio Kickboxing

Get fit with a 1-2 punch! A power packed cardio workout that will help you jump, jab, and kick your way to a new level of fitness. Learn proper techniques for different punches and kicks used in aerobics style kickboxing. Cardio Kickboxing is easy to learn because there is no complicated choreography. You will burn calories while strengthening your core, improve self-confidence, and increase coordination and balance. No previous boxing experience is necessary.

CycleFit

Instructor guided indoor cycling workout with motivating music and an encouraging group atmosphere. Cycling classes make exercise fun while pedaling your way to a leaner stronger body and increased cardiovascular fitness. Each class accommodates beginner, intermediate, and advanced cyclists.

Gut Cut

This 30-minute class enhances the fundamentals of core body strength and stabilization. Our instructors provide an intensive training session that combines abdominal and lower back strengthening exercises designed to improve balance, posture, and alignment. Appropriate for all fitness levels!

Resistance Training

Let us help you tone your body for muscle endurance and strength. Learn proper weight lifting techniques that encourage muscle balance. This class will help you strengthen and tone all major muscles in your body, increase metabolism, and improve flexibility. A supportive group exercise environment allows you to have fun while creating a stronger more self-confident you.

Senior Fit

This specialty class is for our mature population who want to maintain an active lifestyle. Enjoy a friendly atmosphere while we create a combination of cardiovascular fitness, weight training, and flexibility. This class is designed for all fitness levels.

Step, Burn & Firm

Increase your aerobic endurance and muscle definition through this effective workout that combines weighted step, circuit step, and weight training exercises with intervals of high intensity muscle work. It is designed to constantly challenge participants to progress to their next fitness level. Guaranteed to keep you well into your training zone. Beginner, intermediate, and advanced fitness levels are always welcome.

Step Sensation

A fun-filled class that will blend moves from the step to aerobic moves on the floor. It will physically challenge everyone from the beginner to the advanced participant. This class includes hi-intensity step combinations blended with lower intensity step and floor combinations followed by an abdominal sequence at the end of class. Come join us for a high-energy class that will invigorate you both physically and mentally.

Yoga Flow

Yoga is a series of flowing Asana's or postures, used to balance the body. Through breathing exercises and body movement, the intent is to bond mind, body and spirit as one. Enjoy increased flexibility, balance, and proper posture alignment. Combination of mind and body balance provides an hour of conditioning and stress reduction.